

Useful Hints

Woman and Home

Ethical Talks

The Morning Story

CHOOSING.  
By Grace Kerrigan.

"You will have to choose between them, Trixie," said Dr. Lane, looking over his spectacles at his pretty daughter.

Trixie pouted mutinously. "But, dad, I've told you that I like them equally well. How can I choose from among three perfect dears like Harry and Frank and Bob? They are like brothers to me."

"It is evident that they do not share that fraternal feeling," retorted her father, dryly.

"Oh, dear!" sighed Trixie. "In my own opinion," pursued the doctor, severely, "they are exceedingly foolish young men. Why one of them—all of them, in fact—should have chosen to fall in love with a feather-headed girl is beyond my comprehension."

The part of a wife a young man really needs is a sensible help-mate who knows her own mind and—there—there!—I really believe the child has taken offense!" He polished his glasses, glanced at his watch and looked at the door.

Trixie met her mother on the stairs and Mrs. Lane stared after the whirlwind of pink that swept past her. She went into the library in some perturbation.

"What is the matter with Trixie?" she asked.

"The same old story, Mary. It's this Harry, Frank and Bob business—I wish they would go off and marry some other girl and stop bothering me about it. If Trixie doesn't want to marry them, why doesn't she say so and chuck it?"

Mrs. Lane smiled thoughtfully. "I am afraid, my dear, that she really does care for one of them and she is afraid to choose."

"Afraid? Trixie afraid of a mere man? Pooh!"

"You don't understand girls, James." "I am glad you were not the complex sort, Mary! But what are we to do about Trixie and her lovers? Harry Brinton called on me this morning about the matter—asked me to use my influence with her and I promised! Frank Demarest called on me the same day and made the same plea—I promised him, too."

"How about Bob Hayward?" "The transaction struck me as being so absurd. I just called up Bob and asked him if he needed my assistance and he said as good as told me to go to the dickens! Said he didn't need any help in his courting—if he couldn't win the girl he wanted without assistance he guessed he didn't deserve her." The doctor chuckled softly.

"Why, James Lane?" protested his wife weakly. "Did you really say that to Bob?"

"I did ask him the question, but he did most of the talking—really, he was very hot about the matter, my dear."

"Oh, dear, I don't know what to do," sighed Mrs. Lane. "The other girls married without any trouble, and I really wouldn't care if Trixie never married and went away from us—but I wish she would put these three young men out of their misery. They keep dandling on, hoping that she may make her mind up. They make all these jealous of one another—but somehow I do wish it happened to be Bob Hayward; I like him."

"So do I, but they are all likeable in a way, and all equally desirable to character. By the way, my dear, they are all coming to dinner this evening."

"I shall ask the Himmans girls, then," decided Mrs. Lane, as she went to the telephone.

Trixie Lane dressed for dinner that night with her mind quite made up to accept Frank Demarest if he should ask her to marry him. She liked Frank, she assured herself, he was always jolly and pleasant and would make the most delightful husband. Harry was inclined to be jealous, and Bob—well, Bob Hayward was quiet and thoughtful and different—and really she wanted—well, she knew what she wanted!

Trixie Lane was not a coquette. Still, she wore her green chaise because it was Frank's favorite among her greens, and the tiny pink rose tucked behind her ear in the coil of soft black hair was a mute testimonial to Bob's remark that she should always wear a flower in her hair.

So when she greeted the three young men with equal cordiality, Frank's heart leaped at sight of the green frock. Harry smiled quietly at the sympathy in pink and green, and Bob never saw the rose in her hair because his eyes didn't go beyond her lovely face.

The Himmans girls, Nellie and Grace, were charmingly vivacious and devoted themselves to Bob Hayward and Harry Brinton, so that Trixie found herself laughing gaily at Frank's sallies, and quite deceived her interested parents.

"Really, I was hoping it might be Bob Hayward," said the doctor after dinner.

"Was I?" agreed his wife. "I like his independence—and, oh, dear, I'm afraid he is my favorite!"

"I wish he were Trixie's!"

Meanwhile, Frank Demarest was proposing to Trixie in the moonlight south of the piazza. And Trixie, in spite of her resolution to the contrary, gently refused him.

"Did your father say anything to you?" He rather rather proudly began to speak a good word for me," growled Frank, quite unpleasantly.

"You asked father?"

"Yes," Frank's voice trailed off aimlessly.

"I'm sorry, Frank," said Trixie, with new decision in her tone. "But I really do not love you—as I should—and so you understand."

"I understand," he said bitterly. "Shall we return to the house?"

They had reached the front door when Harry Brinton pushed open the door. "Oh, Frank, they are waiting for you. Miss Himmans says you promised to sing for her."

Frank gladly turned Trixie over to Mr. Brinton and went indoors, determined to show Miss Lane that his heart was not quite broken even if she refused to marry him. Presently his voice rang out cheerfully in the latest popular song, and Trixie, listening, smiled and sighed at the same time.

Then, Harry Brinton put his face to the test once more, and received Trixie's gentle refusal. If he stormed for a while, who can blame him? Your father promised to speak a good word for me," he added gloomily.

"This morning?"

"I am sorry."

So Harry said good-night, and went home.

Trixie felt miserable, but she was unprepared when Bob Hayward took advantage of her being alone for a moment in the library and deliberately planted himself between her and the door.

"Trixie," he said firmly, "I came here to-night with the intention of asking you to marry me. You know I love

you—and, how about it?" he asked grimly.

Miss Lane's heart was fluttering strangely, and she put up one little hand to still its beating.

"Bob," she whispered, "do you care very much?"

"So much," he growled, "that when your father called me up this morning and asked me jokingly if I wanted his influence in the matter, I was tempted to come up and thrash him! Honest injun, Trixie, I want you! If a man can't win the girl he wants without help let him go without her! I want you—but I don't want you unless you love me—love me beyond

everybody and everything—see? How about it, Trixie?"

He stood with his hands thrust behind him as if afraid he might be tempted to take her in his arms.

Trixie looked up at him and her eyes filled with tears.

"Oh, Bob—Bob—it has been you all the time and I didn't know it!" she sobbed; and it was not until she had laid her rosy cheeks against the black lapel of his coat that his arms came around her and his lips claimed their reward.

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BUTTON, BUTTON, WHO'S GOT--  
They Are Much Used Just Now.



Here you see a model that is old, yet quite different from the usual suit and extremely fashionable. The peculiar application of the satin to the serge, on sleeves, down front of the jacket and the bottom of the skirt, gives it the appearance of a loose, sleeveless jacket and a tunic. Two long rows of metal buttons run down the front of the whole costume.

Telltale Conversations  
BY LILLIAN RUSSELL.

Loud talking in a public place is most disgusting. The speaker never knows who is listening. He is usually coming from indignation. You will have to be careful of your diet, avoiding greasy and rich foods, pastries and sweets and oily meats, such as pork and veal. Eat plenty of vegetables and drink lots of water between meals. Get lots of fresh air and sunshine. Walk at least three miles a day. Sleep with plenty of fresh air in your bedroom. I shall be happy to send you formula for the green soap treatment if you will send me a stamped, addressed envelope.

These women could not have thought much of themselves. In the first place a well-bred woman never makes herself conspicuous by loud talk or laughter. She is reserved on all occasions, and especially so when in a public place or surrounded by strangers who might misinterpret her words or actions.

The loud voiced woman places herself in a vulnerable position. She is the first to be insulted by addresses from strangers. Her loud talking indicates a lack of respect for herself, and she is treated accordingly.

Even people who are not especially sensitive seldom care to be discussed in public. Conversations that are overheard are generally repeated, and the process of repetition distorts and adds to.

The man who heard himself discussed in the car could not have much respect for the speaker and probably they took a similar drop in the estimation of all who were forced to listen to them. Possibly they were not acquainted with anybody in the car, but there was the chance that they would meet them thereafter.

There is absolutely nothing to justify loud conversations. They attract entirely too much attention and are common and vulgar. They breed trouble and lower the estimate that is placed on the speakers.

The well-bred person converses in low tones when in public and is always eager to having strangers hear what is said regardless of the nature of the conversation.

Remember, there is an old saying that the walls have ears, and women who converse in loud voices have many critics.

Lillian Russell's Answers.

Anxious—No powder will not harm your face if you use a good grade of rice powder. Thoroughly cleanse your face each night before retiring so that none of the powder lodges in the pores of the skin. Always rub cold cream on your face before bedtime. It makes the face dry and wrinkled. A natural complexion is an indication of good health and perfect circulation and to improve the condition. The nervous condition should be remedied. Bathe the hands in alcohol, then dust with talcum powder.

Kathleen—When I suggest that you lie flat on your back and alternately raise and lower your legs I do not expect you to go through this exercise

A "Service Uniform"  
The Idea Is the Allies.

soap" is not green at all, but yellow, and in the form of a paste. It can be purchased at any drug store. Pimples usually come from indigestion. You will have to be careful of your diet, avoiding greasy and rich foods, pastries and sweets and oily meats, such as pork and veal. Eat plenty of vegetables and drink lots of water between meals. Get lots of fresh air and sunshine. Walk at least three miles a day. Sleep with plenty of fresh air in your bedroom. I shall be happy to send you formula for the green soap treatment if you will send me a stamped, addressed envelope.

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Kathleen—When I suggest that you lie flat on your back and alternately raise and lower your legs I do not expect you to go through this exercise



a hundred times the first day you try it. It would be the height of folly. This is the only reliable method for reducing the hips. Begin the exercises in a moderate way, as your muscles have not been properly exercised for a long time and the physical exertion is too great until you have acquired strength. You have to work up to a condition where you can stand as much as the athletic woman who has been in training for some time. You cannot expect to lose your excess weight overnight when you have spent years in accumulating it. Don't lose heart. Make a moderate start and if you are patient you will soon find yourself in a condition to enjoy strenuous exercise without exhausting yourself.

Tom—If you will first bathe your face in warm water until it becomes pink and soft you can avoid the scars from whiteheads. Open each little whitehead with the point of a fine needle which has been sterilized by dropping it into boiling water. Press or pick out the white substance. Apply a drop of peroxide to the wound after doing this. You can probably remove the scars left from the whiteheads by massaging each night for about fifteen minutes with a good skin food. After massaging with the skin food for about fifteen minutes apply more to become absorbed during the night. I shall be happy to send you my formula for skin food if you will send me a stamped, addressed envelope.

Dr. Brady's Health Talks  
The Milkman and the Baby.

The chief reason why the health department should give to the public through the press the monthly report of the bacterial content of milk sold to the public, is his majesty, the baby. It is fair and right that the public should have this knowledge, and nothing but an unfair favoritism for business keeps the report from the people.

Supposing all the dairies supplying milk to the community and under the control of the health department, and that all the cows are tuberculin tested, it is still vitally important to the consumer to know how high the bacterial count of the milk runs, and by whom. For this reason: That when the count suddenly mounts upward beyond a reasonable 50,000 or 100,000 germs per cubic millimeter of milk, then the milk should be either boiled or pasteurized before it is fed to the baby. This precaution will save the baby a lot of unnecessary illness from digestive disturbances and intestinal troubles.

Have Clean in Your Baby's Food! Often enough the bacterial count of a given sample of raw milk will compare quite favorably with the best of certified milk (which contains not more than 10,000 germs per millimeter), and shows that the milkman or dairyman is as strict as may be in handling and marketing the milk. Then, perhaps in the next month, especially in hot weather, the count will mount away sky-high—200,000 or 300,000 germs per millimeter. Still the milk is not necessarily unwholesome, though the mere numbers of bacteria show that it had better be sterilized or pasteurized for a while.

The health department sometimes hesitates about publishing the monthly report of the bacteriologist, fearing that some milkmen may suffer undeserved injury from public opinion. This is a sad position for a health department to take. The plan of publication has worked satisfactorily and to the babies' good in many cities. So long as the milk producers and distributors know that the report is to be published, there is little incentive to strive after a low count—a clean, wholesome, carefully handled milk.

Questions and Answers.

The Art of Quitting the Pipe—Could you suggest a cure for the smoking habit? I would be very grateful if you will, because I have tried several times to quit and never succeeded.

Reply—Chew gum. Become a vegetarian, or at least cut down meat to a minimum. Meat eating increases the craving for tobacco. Rinse mouth and gargle each morning with a solution of silver nitrate (two grains in each ounce of distilled water, to be kept in amber bottle away from light). Eat lots of fruit—apples, especially—and gorge on sugar and candy and sweets of all kinds for dessert.

The Cause of Appendicitis—It is claimed that enameled cooking utensils are responsible for appendicitis, though the chipping off and contamination of the food with minute particles of enamel. Is this right?

Reply—Possibly in very rare instances this might be a contributing factor. The direct cause of appendicitis is bacterial infection with the colon bacillus, the pneumococcus, certain staphylococci and streptococci which produce pus. The colon bacillus is normally in the bowels. The pneumococcus is the common cause of pneumonia, also a frequent cause of head "cold," sore throat, tonsillitis, etc.—and we believe appendicitis is most frequently a secondary result of infection of the throat. However, that is only our

A BAD CASE  
AND ITS RELIEF

Lady Tells Details of Ten Years Of Suffering Which Now Lies Behind Her

Wallace, Va.—Mrs. Mary Vest, of this town, says: "About ten years ago, I had very poor health, and for five years it steadily got worse. I could not stand on my feet. I got so I could only drag about in the room. Most of the time I was not able to do my work."

I had terrible bearing-down pains, my back ached all the time and was very weak. I could scarcely carry anything and suffered agony when I lifted anything. The muscles in my abdomen were so weak I could scarcely lift myself up straight, and I thought I would surely grow crooked. I had difficulty in walking. It was so painful. I suffered in hips and back and could hardly raise up at all. At times I couldn't sit on the chair, would have to lie down. I was in such agony. I just sat around and cried."

At this time, about five years ago, I began to take Cardui, at my mother's insistence. After two or three weeks' use I saw an improvement. The pains got less gradually until they disappeared. In two months I could walk without pain and could do most of my work. For about three years my improvement was steady and continued until I had back my health and strength."

The cure has been permanent, for I have been in good health for the past two years, due to my having taken Cardui, which effected the cure."

All druggists sell Cardui. If it.

personal view and we can't prove it. No one knows precisely what causes appendicitis.

Thyroid Enlargement—What is enlarged thyroid in a person's neck? Can it be cured without operation?

Reply—Swelling or inflammation of the thyroid gland. Most cases respond to medical treatment, but some require operation. It depends on the character of the enlargement.

Standard Meals  
BY MARTHA WESTOVER

It has come to be considered just a little out of date to have each course a "surprise," especially at a family table. An attractive side table, on which the fruit, the salad and the dessert is placed in full view if it is properly set out, tends rather to increase interest in the meal. It also gives those at the table an opportunity to have a second helping of some favorite dish. If the dessert is not one to their liking, and, on the other hand, it prevents the members of the family over-eating one of the early courses when they know there is something more to come that holds some interest for them.

Of course, parents cannot keep answering a string of questions concerning the food, but it is just as well to say "No more meat to-day, Johnny, there is some of the nice bread pudding that you like so much."

Grown-up members of families are not so unlike the little ones, and they can judge better what they should eat and how much if they have such a guide.

TO-MORROW'S MENU (SUNDAY).  
Breakfast.  
Grape fruit.....\$ .15  
Wheatena and milk.....\$ .60  
Broiled ham.....\$ .15  
Waffles.....\$ .10  
Coffee.....\$ .10  
Dinner.....\$ .50  
Fruit cocktail.....\$ .20  
Roast shoulder of lamb.....\$ .60  
Mint sauce.....\$ .05  
Browned potatoes.....\$ .10  
Shrimp.....\$ .12  
Lettuce and tomato salad.....\$ .10  
Apple snow.....\$ .20  
Coffee.....\$ .05  
Supper.....\$ 1.50  
Cold lamb.....\$ .00  
Baked potatoes.....\$ .10  
Grape fruit marmalade.....\$ .05  
Graham gems.....\$ .10  
Cocoa.....\$ .10  
Total.....\$ 2.75  
Apple Snow—Make a pint of apple sauce, when cold beat it by the spoonful into the whites of three eggs which have been beaten to a stiff froth. Add to this gradually a cupful of powdered sugar. When very stiff add a tea-

spoonful of lemon juice, turn into chilled glasses, heap whipped cream on the top and serve.

Roast Shoulder of Lamb or Mutton—Remove the bone and fill with forcemeat made of bread crumbs, chopped parsley and onions and a dozen chopped mushrooms. Sew up the slit left by the bone and put in roaster with cup of water or stock. Cook quickly at first, then fifteen minutes to the pound till done.

SENT TO GRAND JURY

Loxon and Carver Held Without Bail on Assault Charge.

C. L. Loxon, a basketmaker, of 235 Twentieth Street, appeared in Police Court yesterday morning on a charge of criminally assaulting Ethel Alvis, 209 North Twentieth Street, and attempted assault on Neva Hawley, twelve years old, of 2011 East Broad Street, and was ordered by Acting Police Justice Griggs held for action by the April term of the grand jury. Like disposition was made of the case of J. H. Carver, of 110 North Nineteenth Street, charged with criminally assaulting the Alvis girl. Loxon is six-four years old, and Carver is forty-three. Both men are being held without bail.

It was a bad day in Police Court for all those charged with violating the moral law, for in every instance Justice Griggs meted out punishment with an unflinching hand.

Daley Miller, charged with operating an objectionable resort at 410 Graham Street, was fined \$100. Lilly Arrington, colored, charged with operating a like resort at 242 North Fifteenth Street, was placed under \$300 security for three months. Dorey Jackson, colored, charged with a similar offense, was also placed under \$300 security for three months.

Any time, any climate, indoors or out—when hunger nips, the answer is

Unedea Biscuit

are the most nutritious food made from flour. Their cost is small, their worth is great.

Buy Unedea Biscuit baked by NATIONAL BISCUIT COMPANY Always look for that Name

5¢ AND 10¢

GRAHAM CRACKERS

Boys and girls thrive on them. Thousands of mothers make a package of N. B. C. Graham Crackers the main part of their children's daily school lunch. Just as good for grown-ups.

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